**AVATAR RETURNS TO THEATRES**
SPECIAL EDITION OPENS FRIDAY {page 8}

**WOZNIACKI WINS RAIN-SOAKED ROGERS CUP**
FIRST TITLE {page 20}

# REUNION
**ANISTON, COX BOTH 'COUGARS'**
SCENE {page 12}

VANCOUVER metro®
Tuesday, August 24, 2010
www.metronews.ca

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**Ambulance cuts.** Effects

▶ Christine Stirman, right, and her daughter Tina Da Costa in Stirman's Surrey home yesterday. Full story, page 4.

KRISTEN THOMPSON/METRO VANCOUVER

## Life has become 'a nightmare'

**Christine Stirman, who has Lou Gehrig's disease and relies on ambulances to transport her between hospital and home, was stranded for nearly 10 hours in a crowded hospital emergency room. The NDP's health critic, Adrian Dix, blames the wait on cuts made by the province to the ambulance transfer service last month.**

## Deadly end to hostage standoff

Nine killed on bus in Philippines {page 5}

## Tiger's divorce finalized

Woods's turbulent year continues {page 20}

# High hopes for pot bears

**More than 2,500 people signed online petition for black bears found in drug bust ◐ Environment Minister Barry Penner 'not surprised' by keen interest**

An online global campaign and a $1,300 donation by actor Jason Priestley will do little to influence the fate of more than 10 black bears found at a million-dollar grow-op, the province's environment minister said.

But that doesn't mean the animals will be put down, Barry Penner added.

"The petition raises public awareness but I would like to think our officers are acting within the Ministry's policies. They have to apply their own professional judgement."

When a Calgary woman, Doreen McKrindle, launched the Facebook group Help Save the B.C. Black Bears, hundreds of responders said they should be relocated.

A petition to keep the bears alive also reached its goal of 2,500 signatures yesterday.

Penner said people are misinformed about the steps it takes to relocate a bear.

"Relocating bears doesn't play out like a Disney movie. You have to look at the condition of the bear, how old it is, and the location you're releasing it to."

◐ JENNIFER O'CALLAGHAN

### Bear in mind

**The bears were given dog food and may not be able to feed in the wild. Here are some ideas posted to Facebook.**

- "Winnipeg zoo is lacking bears because they're all dying of old age. Bring them to Manitoba!"
  — Patrick Bellemare
- "I was wondering if the sanctuary on Grouse Mountain can be used as a step by step rehab for them?"
  — Jill Luyt-Liepmann
- "I really hope that we can find an alternative for these poor guys. A zoo would be better than being put down I think!"
  — Natasha Kovach

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1 news

# Berserk man caused limo collision: Police

The driver of a limo that sent nine to hospital when it crashed through a group outside a Vancouver nightclub was apparently fleeing a distraught man armed with a large traffic cone, police said yesterday.

The enraged man, said Const. Jana McGuinness, was involved in some sort of verbal altercation at the Esso station at Burrard and Davie. "We're not sure what set this man off," McGuinness said. "But it was quite heated."

The man threw a hubcap at a building and damaged a payphone. He then picked up a three-foot traffic cone and raised it above his head as he approached the limo.

The limo driver, who police said feared for his safety, hit the gas. His wheels were turned and the car jumped onto the curb and struck a group of pedestrians outside Celebrities Night Club.

The assailant took off running, but was caught by police after a foot chase.

Kyle Allan Wugalter, 22, of Calgary, is facing charges of resisting arrest and mischief. He is scheduled to appear in court tomorrow.

● JEFF HODSON

**SPCA.** Lockdown

▶ Marcie Moriarty, head of cruelty investigation for the B.C. SPCA, will be locked in a shelter kennel Thursday to raise funds for animal protection in B.C.

CONTRIBUTED

Investigator in the doghouse

# Thugs abduct, rob senior on West Side

**▶ Police kept mum about robbery for a week to let investigators do their work ▶ They now seek public tips**

JEFF HODSON
@METRONEWS.CA

**"It's a daytime, brazen violent robbery and it's important that we get some help."**
CONST. JANA MCGUINNESS

A Vancouver senior was briefly abducted at gunpoint last week along a busy section of West Broadway, police revealed today as they appealed for witnesses in the brazen daylight robbery.

"It's very disturbing," said Const. Jana McGuinness.

"It's a shocking crime and very out of place in this West Side neighbourhood. It's going to have residents concerned."

At noon on Aug. 17, a 69-year-old man was walking in the 2900 block of West Broadway, between Balaclava and Bayswater streets, when two men in their 20s approached him with a gun and forced him into a new-model black crew-cab pickup.

A woman in her 20s drove the vehicle several blocks to a lane south of the 2700 block of West 13th Avenue.

The man was pushed out of the truck and robbed of his wallet. He was pepper sprayed in the face and struck in the head with a metal pipe.

He was treated in hospital for pepper spray and for an abrasion to his head. McGuinness said the man was "disturbed" by the robbery and said the crime appeared to be random.

JEFF HODSON/METRO VANCOUVER

▶ Vancouver Const. Jana McGuinness speaks to the media on West Broadway yesterday.

## News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

**On the web at metronews.ca**

**Backbeat showcases the kings of dancehall reggae at metronews.ca/blogs**

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SCANLIFE

Italian canine lifeguards doggie-paddle to the rescue.

# Campbell urged to OK vote on HST petition

Anti-HST advocate Bill Vander Zalm has sent a letter urging Premier Gordon Campbell to agree to put a petition against the tax to a free vote in the legislature this fall.

Vander Zalm said the other option, of holding a non-binding referendum, could cost as much as $50 million and would be a "colossal waste of money."

▶ Bill Vander Zalm

The former B.C. premier warned he would launch a campaign to recall Liberal MLAs if the process is delayed. THE CANADIAN PRESS

**Petition**

- An all-parties legislative committee received the petition yesterday and, under the law, it must hold its first meeting within a month.
- The committee can send the petition to the B.C. Leg for a vote, or call a referendum.
- B.C. Finance Minister Colin Hansen said he won't rush the committee.

## News in brief

### Blackout hits nearly 30,000

**POWER.** Almost 30,000 people were left in the dark during a power outage throughout South Vancouver yesterday that caused various transit disruptions. Power was restored to most areas by 2 p.m.

● VANESSA YEE

### Little Leaguers trounced by Chinese-Taipei

**BASEBALL.** Canada's entry into the Little League World Series, Vancouver's Little Mountain, was defeated 23-0 by Chinese-Taipei yesterday at the tournament in Williamsport, Pa. Canada plays Panama today in a must-win baseball game.

● VANESSA YEE

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# Ambulance cuts stranded patients: NDP

**The province saved roughly $5 million by reducing the ambulance transfer service, health critic says**

KRISTEN THOMPSON
@METRONEWS.CA

KRISTEN THOMPSON/METRO VANCOUVER

▶ Wayne Mitchell

A Surrey woman paralyzed with Lou Gehrig's disease waited nearly 10 hours in the emergency room after the province cut a program that transfers patients with chronic illnesses between hospitals and their homes.

Wayne Mitchell said his wife Christine Stirman's life has become "a nightmare" since July, when the Liberal government cut 14 ambulances from its ambulance transfer service fleet.

"Her condition has worsened because of these long waits in the hospital," he said, adding she now has foot and mouth disease, which he thinks she contracted in a crowded ER waiting for an ambulance to take her home.

Tina Da Costa, the family's daughter, said her mother — who cannot speak — requires frequent visits to hospital and can only be transported by stretcher.

"(Sometimes) she's discharged late afternoon and does not get home until 3 a.m.," Da Costa said, adding the family's stress level is "maxed out."

Adrian Dix, NDP health critic, said waiting hours to be taken home after an appointment does not constitute the quality of medical care Premier Gordon Campbell promised during his last election campaign.

## Judge OK's $141K in settlement for ferry survivors

A judge has approved a class-action settlement for passengers who survived the Queen of the North ferry sinking, saying the agreement will help them put the frightening night behind them.

Last month, the passengers' lawyers and B.C. Ferries asked the court to approve a settlement worth $354,000, with about two-thirds of that going toward legal costs, medical tests and lawyers' fees.

The remaining $141,000 will be split up between nearly 50 passengers.

THE CANADIAN PRESS

**$35K**

**Individual settlements will range from $500 up to $35,000, after legal fees are paid up.**

FALSE ALARM

## Sister's greed not worth a 911 call

Kids as young as five are taught how to dial 911 in an emergency, but at least one five-year-old needed a lesson in the definition of emergency.

The Kelowna boy thought he'd teach his sister a lesson by calling 911 when she hogged the family computer.

He phoned police, complaining his six-year-old sister wouldn't let him have his turn on the keyboard, and then he hung up.

RCMP Const. Steve Holmes says a Mountie soon came knocking on the family's door and spoke to the boy about when to dial 911.

THE CANADIAN PRESS

# Cashing in on mobile games

CONTRIBUTED

▶ Brian Wong

A 19-year-old Vancouver man's plan to place advertising in mobile games has raised $250,000 from interested investors.

Brian Wong, who now lives in San Francisco, said the bulk of the money came from Phil Black, a partner at True Ventures. Black invested approximately $200,000 into Wong's company, Kiip.

Wong added that being young and a user of the technology helped.

"I've turned my greatest weakness, which is my age, into my greatest strength," he said. "It's an enabler, youthful curiosity is fleeting and you don't have it forever."

VANESSA YEE

## News in brief

### Cooldown clears the air

**WEATHER.** Rain and cooler weather have helped to clear the heavy smoke from the mass of wildfires throughout B.C. According to the Ministry of Forest and Range, there are still 101 notable active fires.

### Vision, but no plan?

**ECOLOGY.** The B.C. government has vision but lacks a solid plan to conserve ecological integrity in the province's parks, auditor general John Doyle said yesterday. There are about 1,000 parks and protected areas in B.C.

### Man guilty of animal cruelty

**DOG.** The former owner of a golden retriever found skinny and starving has pleaded guilty to animal cruelty. Michael Schneider was then given a 10-year ban on owning animals and fined $2,000.

VANESSA YEE

B.C. SPCA

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# Hostage-taker opens fire on tourists

**Hong Kong issues warning against Philippine travel**
**All upcoming tour groups have been cancelled**

A 12-hour hostage drama aboard a hijacked Philippine bus ended in bloodshed yesterday when an angry ex-policeman demanding his job back gunned down eight Hong Kong tourists before police stormed the vehicle and a sniper killed him.

At least seven captives survived, four of whom were seen crawling out the back door of the bus after Philippine police stormed it yesterday evening when the hostage-taker started shooting at the 15 Chinese tourists inside, said police Senior Supt. Nelson Yabut.

He said the hostage-taker was killed with a sniper shot to the head after he wounded a police sharpshooter.

Police and ambulances were lined up next to the vehicle in the pouring rain after the standoff ended. Local hospitals reported seven bodies of hostages were brought in. One other hostage was hospitalized in critical condition, and five others were unharmed.

Two of the surviving hostages were wounded in serious condition and the remaining five are under observation, Hong Kong leader Donald Tsang told reporters as he expressed shock and anger at the police response.

The bloodshed rattled the Philippines and raised questions about police ability to deal with hostage-takings.

THE ASSOCIATED PRESS

**Bloodshed**

**Police sharpshooters took positions around the bus, with ambulances and fire trucks positioned nearby.**

- **Negotiations** Police brought in food for the hostages, as well as fuel for the air conditioning unit on the bus.
- **Killing spree** Hostage drama ended with nine dead, including the gunman.

BULLIT MARQUEZ/THE ASSOCIATED PRESS

▶ Rolando Mendoza, a dismissed policeman armed with an automatic rifle, seized a bus in Manila yesterday with 25 people aboard, mostly foreign tourists.

# Water levels still rising in Pakistan

Emergency crews worked frantically yesterday to shore up a system of levees protecting two southern Pakistani cities from floodwaters that have devastated wide swaths of the country, as a UN official warned the crisis is "outrunning our relief efforts."

The floods, which began nearly a month ago with hammering rains in the country's northwest, have destroyed or damaged 1.2 million homes and affected 17.2 million people, UN spokesman Maurizio Giuliano said. About 1,500 people have died in the floods, most in first few days, though the scale of the crisis — with immense social dislocation and agricultural destruction — continues to grow.

"The floods are outrunning our relief efforts. We move faster and faster, but the finish line keeps moving further ahead," Giuliano said.

While floodwaters are moving toward the Arabian Sea, where they can drain away, the rainfall has been so intense that enormous parts of the country remain submerged.

THE ASSOCIATED PRESS

ASHRAF KHAN/THE ASSOCIATED PRESS

▶ A Pakistani man recites phrases from the Qu'ran.

# Not guilty plea in 'Grim Sleeper' case

The backyard mechanic accused of being the "Grim Sleeper" serial killer pleaded not guilty yesterday to murdering 10 women and trying to kill one more over the course of two decades. An attorney entered the pleas for Lonnie Franklin Jr.

THE ASSOCIATED PRESS

THOMAS WATKINS/THE ASSOCIATED PRESS

▶ Lonnie Franklin Jr.

# Seaworld slapped with fine

The federal job safety agency fined SeaWorld Orlando $75,000 yesterday for three violations in the February death of a trainer who was grabbed by a killer whale and dragged underwater.

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# AN ANSWER TO AN AGE-OLD QUESTION

**She says ...**

**JESSICA NAPIER**

**University life presents unique dating circumstances. Students spend their days living, learning and loving in an incubator of co-eds, with the majority of these potential hookup partners falling into the 18-24 age range.**

Post-graduation dating becomes much less predictable. A typical downtown watering hole offers a vast selection of ready-to-mingle singles that range from their late teens to the 40-plus crowd. So, while every weekend presents a new opportunity to broaden your dating horizons, it can be difficult to determine whether that cute guy offering to buy you a drink is a baby-faced 30-something or a well-dressed underage gent.

It would be romantic to believe that true love doesn't discriminate based on age, but the reality is often very different.

So, how old is too old and how young is too young?

Chemistry doesn't trump compatibility, so ask yourself if you both want the same things in the relationship. If you're in your early 20s looking to have a casual fling and he's creeping toward 40 and searching for the future mother of his children, then you definitely have a problem.

**"Choosing to date someone outside your age group means friends, parents and even strangers are going to have an opinion."**

You also have to consider how people might react to your age disparity. Choosing to date someone outside your age group means friends, parents and even strangers are going to have an opinion. Women who go out with someone significantly older are often labelled the gold-digging trophy girlfriend, while those who date younger men are inevitably subjected to the tired old cougar reference (the reference is tired and old … not the women).

In the end, it's not necessarily your numerical age, but your maturity that has a greater impact on the success of the relationship. But if you're still confused on whether your May-December romance is destined to fail, there's always the "half your age plus seven" equation. This simple bit of mating math goes as follows: Divide your current age by two and then add seven, the number you are left with is the absolute youngest age you're allowed to date before it becomes indecent.

According to this not-so-scientific dating formula, a 24-year-old woman shouldn't date a man younger than 19.

Then again, dating someone over the legal drinking age should be a no-brainer for anyone who enjoys an overpriced cocktail on a Friday night.

**Cartoon**

MICHAEL DE ADDER

# Channelling some reality

**Letters & Tweets**

*We asked: What reality TV show would you like to go on?*

**TORONTO.** I would like for Extreme Makeover Home Edition to go on for a long, long time.

It's one of those shows that leaves me teary eyed every episode.

All are true and very touching.

**JHOBELL KRISTYL**

**TORONTO.** The reality show I would most like to be on is Big Brother.

**TAMMY SPURVEY**

**TORONTO.** The Aug. 17 article about Wi-Fi is scientifically silly. Prof. Magda Havas is only moving on to claims about Wi-Fi because nobody wants to spread another silly story about cellphones.

Radio waves from either Wi-Fi or cellphones are not harmful radiation. They are in a range of energy that can't break one chemical bond, no matter how many millions of waves there are.

To a scientist, it's as silly as saying seven people can each jump one foot high, therefore they should be given an Olympic medal because that adds up to seven feet.

Radio waves can't be put in the same league as what the layperson normally thinks of as radiation.

**PIERRE SAVOIE**

**Your dream homemakers**

GETTY IMAGES FILE

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# Metro Minute at Garden of Ease

Soak up the last of the summer rays on your lunch break today with a tranquil stroll around the Dr. Sun Yat Sen Chinese garden.

Known as the Garden of Ease, its public walking tours provide a great sanctuary from the city's hustle and bustle.

Educational guided tours that cover Chinese history are also available.

After the tour, enjoy a cup of Chinese tea or check out the Tibetan silver in the Eight Treasures gift shop.

Daily tours begin at 10 a.m. and continue hourly until 5:30 p.m.

Adult admission is $14.

**JENNIFER O'CALLAGHAN**

MECB/FLIKER.COM

▶ The Dr. Sun Yat Sen Chinese garden, also known as the Garden of Ease.

**URS Corp.** Settlement

▶ An inspector climbs over rubble as he examines the Interstate 35W bridge in Minneapolis, which collapsed over the Mississippi River Aug. 5, 2007.

M. SPENCER GREEN/THE ASSOCIATED PRESS

## Engineering firm to compensate victims

**An engineering firm that consulted on the Minneapolis bridge that collapsed in 2007 has agreed to pay $52.4 million US to victims. URS Corp. was sued by more than 100 people. Thirteen people died and 145 were injured. The firm was accused of missing warning signs in the Interstate 35W bridge before its rush-hour collapse into the Mississippi River.**

CENSUS CHANGE

## Economists against census cut: Survey

A new survey suggests business economists are overwhelmingly opposed to the Harper government's decision to scrap the long-form census.

The Canadian Association for Business Economics (CABE) says 74 per cent of its members think it's bad policy to replace the obligatory long census with a voluntary survey.

Seventy-one per cent anticipate the quality of data obtained from a voluntary survey will be poorer than that collected from the compulsory census.

And 76 per cent believe the change will negatively affect the analysis done by their group or organization.

Indeed, almost 60 per cent expect that they'll have to develop alternative, private sources of data.

Former chief statistician Munir Sheikh, who quit Statistics Canada last month to protest the government's decision to abandon the mandatory long-form census, is scheduled to address the CABE today. THE CANADIAN PRESS

## Market moment

| DOLLAR | Natural gas 1,000 cu ft | OIL | TSX |
|---|---|---|---|
| – 0.32¢ (95.03¢ US) | $4.077 (– 4¢) Gold contracts $1,228.50 (– 30¢) | – 72¢ US ($73.10 US) | – 3.44 (11,718.63) |

PRICES AS OF 5 P.M. YESTERDAY

## Restaurants to absorb coffee price increase

Caffeine junkies can relax for now — the price of a fix at two of Canada's biggest coffee chains won't increase as wholesale coffee prices hover around 13-year highs — but those who prefer to brew at home will be affected.

The December contract price for high quality Arabica beans — the type favoured in coffee shops – closed at $1.8335 US per pound yesterday at the Intercontinental Exchange.

This is the most expensive the beans have been since 1997.

Many large coffee shops choose to eat the costs of raw-material price hikes after weighing the impact on their bottom line, said Sterling Smith, an analyst at Country Hedging Inc.

But consumers should expect to pay more for a jolt of Joe at home, with the price of Folgers and Maxwell House brands on the rise. THE CANADIAN PRESS

# Google tests a hidden 'instant regret' button

### New feature comes on the heels of a survey done by a PR company to promote the TV movie Going Postal

If you've ever sent an email and instantly regretted it, this is the button you've dreamed of.

Google Labs is testing an "undo" button on Gmail that gives you 30 long seconds to stop an email from reaching your boss, your husband or your soon-to-be-former best friend.

Being a Google Labs feature, it comes with the caveat that it "may break at any time" or "disappear temporarily or permanently."

It's one of a dozen or more experimental features that users can try out by burrowing into the Settings page on the Gmail Labs website.

The feature, which could also be called the "second thoughts" button, used to give you only five seconds to rewrite your personal history.

Now you can tailor it to just how skittish you're feeling each day.

The new device comes on the heels of a "survey" by one PR company for another PR company for 20th Century Fox Home Entertainment UK to promote the release of the DVD of the TV movie Going Postal, based on the book by British author Terry Pratchett.

**20%**

**A survey picked up by several newspapers in the UK and India contends that one in five people have made an embarrassing email gaffe at work, and one in 20 were reprimanded or fired for that blunder.**

The company, 72 Point, boasts "a news desk which takes daily calls from editors on the hunt for stories" and "journalists from the Sun, Daily Telegraph and women's magazines working in the same building."

"Surveys" tagged onto press releases are a perfect feeder for the news cycle, 72 Point says.

Each draws on its bank of paid responders modified for the best demographic bounce.

Its market-research pollster, onepoll.com offers pay and prizes to its roster of regular polltakers. TORSTAR NEWS SERVICE

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2 scene

HANDOUT PHOTO

▶ The colourful world of Pandora and its blue-tinged Na'vi humanoids are back in Avatar: Special Edition.

# Avatar born again, with extra footage

**James Cameron's global smash returns to theatres Friday Re-release will benefit those 'who wanted to see movie in 3-D but didn't get chance'**

Before he takes moviegoers deep beneath the Pandoran sea, James Cameron hopes they'll go for an extended tour of the fictional planet he introduced in Avatar.

Avatar: Special Edition, which includes nine minutes of new footage, opens in 3-D theatres worldwide Friday.

"I'm trying to use the technology to keep people interested and enthused about the Avatar universe, because it's going to be a long time before we get another Avatar movie done," the filmmaker said in a recent interview.

Cameron, 56, already has plans for the Avatar sequels.

He's also got a submarine to build, cameras for the Mars rover to design, an underwater 3-D camera to upgrade and maybe even an ocean-related feature to make.

But first, he had to select and perfect new Avatar footage and persuade distributor 20th Century Fox to rerelease the film theatrically in 3-D.

Cameron said there are "hundreds of thousands, if not millions" of people who wanted to see the movie in 3-D but didn't get the chance because Avatar was edged out of 3-D theatres by other scheduled 3-D releases. Since then, the number of available 3-D screens has doubled internationally, he said.

Fox executives said in a statement that they have been "inundated with requests to rerelease the film in theatres in 3-D" since it wrapped its original run in March.

Avatar boasts the biggest box-office take in history, collecting $2.7 billion worldwide.

Bringing the movie back to the big screen is an experiment inspired by initial fan response to the movie, Cameron said.

**"We're rewriting the contract between humans and screens. The whole world is defined by humans watching screens — we watch screens at work, we watch screens for entertainment — and we're changing it.""**
JAMES CAMERON

"It was the most pirated film in history at the same time it was the most attended film in movie theatres," he said, adding that some who saw the movie on DVD or on their computer screens may want to enjoy it in all its big-screen, 3-D glory.

The new footage is sprinkled throughout the movie. One bit focuses on the death of one of the planet's native humanoids, the tailed, blue Na'vi. His death is hinted at in the original film, but in the extended version, "We actually see him die," Cameron said.

"Not like he splats to the ground, but how they gather around him afterwards," he said. "It's this big emotional scene and it's actually the best CG we did in the whole movie."

Another scene follows a hunt for one of Pandora's bizarre creatures in a "rousing action-adventure, pulse-pounding kind of scene," he said.

The extended version will appear on a special-edition DVD to be released in November. It will also include a more expanded, "alternate reality version" of the film that is 16 minutes longer than the original, Cameron said.

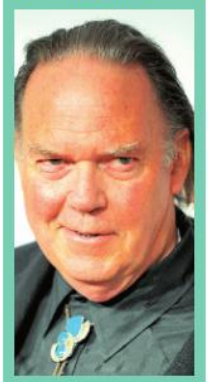
He has already begun technical development on an Avatar sequel that will focus on the planet's ocean environment.

"I love diving," he said, "and if I'm making this movie, I'm not going to be diving as much as I'd like, so I'm going to give myself a kind of methadone fix by doing fantasy ocean."
THE ASSOCIATED PRESS

### Cameron's plans

- Cameron plans to explore the Pacific's Mariana Trench in a two-seater sub that can go 36,000 feet below the surface. He's working on upgrading his 3-D underwater camera and is helping build a space-age 3-D camera for the new Mars rover, Curiosity. "You'll be able to see Mars going by, in 3-D," he said.
- He's also working on a 3-D conversion of Titanic, which he hopes to release in April 2012, the 100-year anniversary of its sailing and sinking.

## In brief



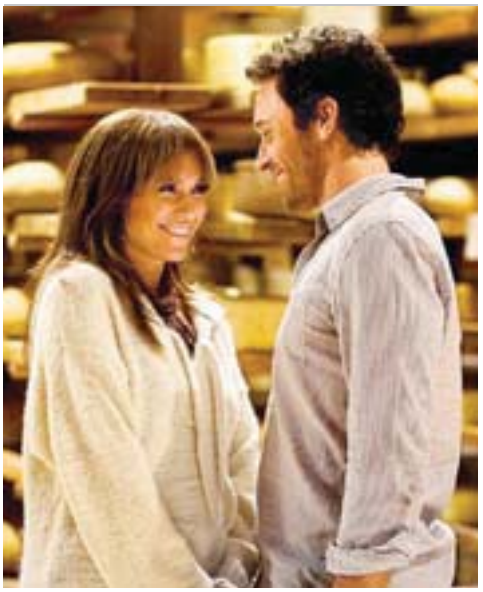
**Neil Young's new album has a title: Le Noise. In a Facebook post, the Toronto-born rocker says the record will be released Sept. 28. The album will also be available in in the form of an iPhone app.**
THE ASSOCIATED PRESS

**"The app will be free. It gives you an interactive album cover. Forgive my use of the word 'album'. I am old school."**
NEIL YOUNG

Defence presents video in which Anna Nicole Smith denies drug use at awards show

**DVD Releases this week** Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

# Plan? What plan?



**The Back-Up Plan**
**Genre:** Romance/Comedy
**Director:** Alan Poul
**Stars:** Jennifer Lopez, Alex O'Loughlin
●½

What are the odds of there being two romantic comedies in one year about the wacky antics of sperm-seeking mama wannabes?

They're not that long, actually, given Hollywood's copycat tendencies. Far less certain is the likelihood of Jennifer Lopez getting another headlining rom-com gig after stumbling through this formula filmmaking, which makes current baster yukster The Switch seem like comic genius in comparison.

From the meet cute beginning to the obvious ending, it's almost painful to watch this leaden procession of pregnancy clichés, directed by TV's Alan Poul. J-Lo's lack of rapport with Aussie leading man Alex O'Loughlin is palpable.

Her Zoe can't wait to find a "penis partner" to get pregnant; his Stan walks around without a shirt a lot and has pretensions to becoming an organic farmer.

Their on-again, off-again courtship theatrics make viewing this as much fun as a 2 a.m. diaper change. The supporting cast doesn't help much, particularly Robert Klein as a far too mouthy doctor. There's also a surprising amount of profanity.

Extras include deleted scenes and a making-of featurette. ● PETER HOWELL

**City Island**
**Genre:** Comedy
**Director:** Raymond De Felitta
**Stars:** Andy Garcia
●●½

In this strained comedy by Raymond De Felitta (Two Family House), Andy Garcia heads an Italian-American family in the Bronx enclave of City Island.

Garcia's Vince Rizzo, a prison guard, is secretly taking weekly acting lessons in Manhattan. He's convinced his wife Joyce (Julianna Margulies) will mock him if he admits this.

So instead he lies that he's going gambling, which infuriates Joyce and leads her to suspect that he's really having an affair.

Vince actually does have a secret that really is a problem for him. He recognizes an inmate named Tony (Steven Strait) as his long-lost son, the one he abandoned years ago when he skipped out on his mother.

Does he come clean and man up about his past mistakes? No, he goes a little crazy, along with the rest of his family. They're all too crazy to be believed or enjoyed. ● PETER HOWELL

**The Square**
**Genre:** Thriller
**Director:** Nash Edgerton
**Stars:** David Roberts
●●●

The Square is a well-plotted Aussie drama that you could call a thriller, if the various characters in it were capable of any serious intrigue. Ray (David Roberts) is in charge of the construction of a honeymoon resort. He may have been an honest man before, but his affair with neighbour Carla (Claire van der Boom) and his desperation for fast cash have weakened his resolve.

Carla is working her own scam. Her ex-jailbird husband Greg (Anthony Hayes) has stashed a bag of money in the rafters of their house. She gets Ray involved in a scheme to torch the place after she steals the dough, so Greg won't think she stole it.

Things go desperately awry when people start meddling, others get greedy and still others get their wires crossed.
● PETTER HOWELL

# love of all things football

Everything Kenny Chesney needed to know about dominating country music he learned from football.

Whether he's firing up the tour bus or heading into the studio, he uses the principles he learned while playing at Gibbs High School outside Knoxville. This epiphany came to Chesney while he was recording for his latest album, Hemingway's Whiskey, and eventually grew into the documentary film Boys of Fall, which airs on ESPN this Sunday.

"It's no different if you're playing football, if you're on the road like I am, if you're running a company," Chesney said. "Everybody's got to work together if they want to achieve something that's special."

Chesney's documentary started out as a simple video shoot for the single, The Boys of Fall. He followed friend and New Orleans Saints coach Sean Payton to the coach's hometown in Napierville, Ill.

It was a special experience and Chesney started to think about all the sports figures he has become friends with over the years.

"That's when I thought it might be cool for me in my year off I took from the road to go around and talk to these people and see what we get," Chesney said. "It ended up being one of the best journeys of my life."

TACKLEBOX FILMS/THE ASSOCIATED PRESS

▶ Country star Kenny Chesney, right, poses with Sean Peyton, head coach of the New Orleans Saints.

Chesney's journey took him to places like Hattiesburg, Miss., where he had barbecue at Brett Favre's house, Tuscaloosa, Ala., and Austin, Texas. He met with the giants of the game — Bill Parcells, Peyton Manning, Nick Saban, Bobby Bowden, John Madden — but also spent time filming peewee players in Nashville.

There were fun moments: "John Madden cooked what is the equivalent of Thanksgiving and Christmas dinner together for us. He told me when I walked in there, 'When it comes to cooking I can take Brett Favre to the woodshed.'"

But he also came away with experiences that had a larger impact on him than he could ever imagine.

"Listening to those guys talk about the heart of and the emotions and everything that goes into loving people and living life and trying to get the most out of it and how it all relates to football, it stops and makes you think and look at your own life," Chesney said.

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# Comic's original superstar

**Stan Lee has been in the comics business way before it was embraced by the mainstream ◗ His fan mail started out in crayons before eventually evolving to typewritten letters ◗ Loves getting feedback from public**

Stan Lee was a beloved figure to a generation of Marvel Comics readers who grew up captivated by his legendary creations like Spider-man, The Hulk, X-Men, and Iron Man.

Now that his characters dominate the movie box office, he's become a pop culture icon whose imagination is responsible for some of the great myths of the 20th century. Metro got a chance to speak to the superhero guru.

**How did people react to you saying that you wrote comics when you started?**

Nobody had any respect for comic books in those days. It was considered to be something that very young kids read or older people who weren't too bright. They were considered the lowest rung on the cultural totem pole.

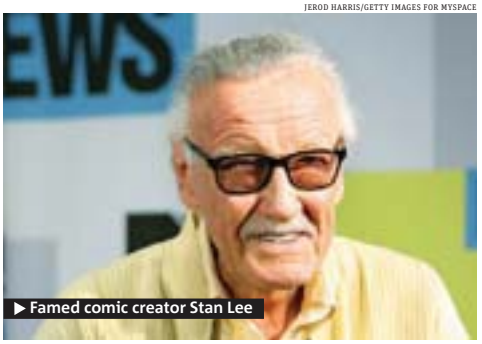
**When did that started to change?**

I think Marvel Comics was really was responsible for that. At some point we started using college level vocabulary in our dialogue balloons and captions. We tried to make the stories more intelligent. We tried to play up characterization and give each one of our heroes and villains definite personalities. We concentrated on really good storytelling as best we could.

**Did you ever think comic books could get this popular?**

No, years ago I never could have imagined that comics would be the wellspring for so many huge movies and popular franchises. I don't think any of us in the business could have. I don't know where it's going. I hope it continues. I think as long as the people writing these things can come up with clever enough ideas to hold the audiences' interests, it'll keep going. Because people love this type of story. They're colourful, they're surprising, they're bigger than life, they're imaginative and that's what the fans like.

JEROD HARRIS/GETTY IMAGES FOR MYSPACE



▶ Famed comic creator Stan Lee

**How did you first get into comics?**

Oh, I was about 17 when I got into comics and people reacted like "who is this kid hanging around." I worked as an assistant to Joe Simon and Jack Kirby, who created Captain America. In those days, they still used pen and ink wells and I would fill the ink wells and erase the pages for them. I would also go down and get them their sandwiches at lunch. I was just a general office helper. Then one day Joe and Jack left and it was a very small department, just the three of us. So when they were no longer working there the publisher Martin Goodman said, "Stan do you think you can hold down the job as writer and editor until I get somebody who is a grown up?" When you're 17 years old, what do you know? I said, "Sure I can do it." I think he forgot to hire someone else and I was there ever since.

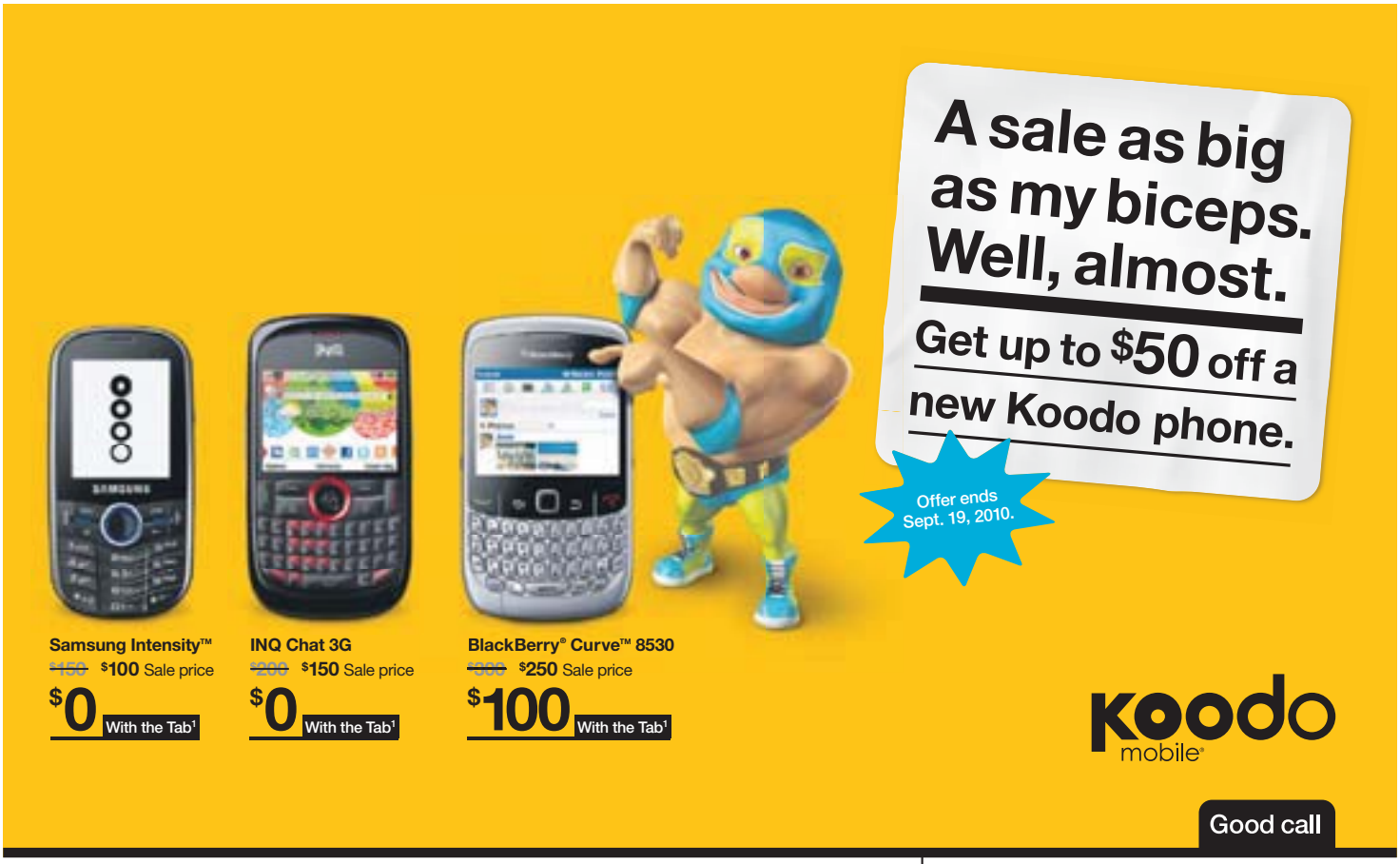
**Are you still reading comics these days?**

You know, believe it or not, I don't have any time to read any. I'll write them occasionally, but it's my lasting regret. I don't have time to watch enough TV or read enough comics. I'm too busy working.

**How do you feel about these sorts of fan and comic book conventions now after having done them for so many years?**

These fan conventions are absolutely wonderful. I like nothing better than to be with the fans and hear what they have to say. You know, years ago I used to travel around and give lectures at colleges. There would always be a question and answer period and that to me was the most important. It wasn't the information that I was giving them, it was what I was learning from them by the questions they would ask. I was always able to find out what they were the most interested in and that helped me write my stories. It's the same thing when I go to a comic book convention.

● PHIL BROWN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# Unique set of roommates

**Being Human moves to Cardiff, Wales for third season Catch up on past two seasons on Space**

So a vampire, a werewolf and a ghost move in together …

It sounds like the set-up for a really bad joke. Or worse, a derivatively familiar premise for the next big American network Twilight rip-off youth-market drama.

Which it in fact is. But before Being Human was optioned for adaptation as an American series, it was a uniquely compelling, character-driven tragicomedy … about a vampire, a werewolf and a ghost.

The supernatural series gets a special showcase this week on Space, running all six of its first-season episodes, starting last night and continuing through Friday.

It starts over from the pilot again in a weekly slot, Thursdays at 10 p.m. EST, starting Sept. 16, with the second season of six following Oct. 28. A third season is currently in production in Wales.

"It's different, isn't it?" allows Russell Tovey, who portrays the most conflicted of the three monstrous roomies — and the only one with an actual pulse — as the reluctant werewolf, George, in the British original.

"It sounds like a kids' show, which it definitely isn't," he says, calling in during a lunch break on the Being Human set.

Neither is it merely a monster mash. "It's really more the human side of it," the actor insists, "rather than concentrating on the supernatural.

"It's almost inconsequential to these people, who are just trying to be human."

▶ Being Human focuses on a vampire, a werewolf and a ghost.

In fact, in its initial stages, the three central characters were mere mortals. "It was just about a flat-share," Tovey reveals. "George (the werewolf) just had rage issues, and was agoraphobic and painfully shy, and Mitchell (the vampire) was a drug addict and a sex addict.

"But it wasn't working. So they changed them to a werewolf and a vampire, and Annie the ghost … but they're still rooted in those metaphors. It works on different levels for different people."

The North American version of Being Human, currently shooting in Montreal, will "super" star Sam Witwer, who played Doomsday on Smallville, as the vampire, with Sam Huntington — Jimmy Olsen in 2006's Superman Returns — taking over for Tovey as resident man-wolf. Local actor Meaghan Rath will play ghost girl Annie. It too will run on Space, which is co-producing.

TORSTAR NEWS SERVICES

## TV's Vampires

▶ Stephen Moyer

**A roundup of the latest about the other vampire series on TV.**

- **True Blood** just keeps the plot rolling towards the season finale on Sept. 12. Stephen Moyer says he has apologized to Twilight star Robert Pattinson for calling his character the "Diet Coke of vampires."
- **The Vampire Diaries,** returning on Sept. 9 to the CW, released a teaser online last week to People magazine.

TORSTAR NEWS SERVICES

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# Friend visits Cougar Town

**Former Friends co-star Aniston reunites with Cox for a guest spot on her new ABC comedy series**
**Aniston will portray a therapist**

Jennifer Aniston will pay a visit to old "friend" Courteney Cox on the season debut of ABC's Cougar Town next month.

ABC said Monday that Aniston will portray a therapist who is being seen by Cox's character.

It's a one-episode visit, scheduled for Sept. 22.

The two actresses starred for many years on NBC's Friends.

Cox is in her second season of Cougar Town, where she plays a character hungry for younger men.

Aniston is promoting her new movie, The Switch. THE ASSOCIATED PRESS

GETTY IMAGES

▶ Jennifer Aniston will guest star on Cougar Town.

## Celebrity tweets

**Katy Perry** [@katyperry] feel like I've been punched in the face, I am so tired.

**Russell Brand** [@rustyrockets] Twitter doesn't recognise the spelling of the word "twitter". And this blackber-

**Conan O'Brien** [@Conan OBrien] The NASA robot doing chores on the space station has its own Twitter account. I'm glad to see NASA is still shooting for the stars.

**John Mayer** [@johncmayer] If you miss the first 148 minutes of Inception, you won't understand a thing that's going on.

METRO

# 'Twitter queen'

Lady Gaga has surpassed Britney Spears as the most followed person on Twitter — for now.

She has more than 5.7 million followers. She overtook Spears over the weekend and posted a video late Saturday on YouTube.

Gaga called her fans her "little monsters" as she thanked them for beginning "my reign as Twitter queen."

Spears, Ashton Kutcher, Ellen DeGeneres and an account run by President Barack Obama's political organization, Organizing for America, all have more than five million followers. THE ASSOCIATED PRESS


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FLICKR CC KIRSTEN

▶ Have a stress (and work!)-free holiday with these tips.

# Having a happy holiday

**It's the time of the year we all live for, those days when you can sleep in, eat when you're hungry and hang out Or so you would think ...**

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Back in the day a holiday was a week at nana's that included eating sweets (calories don't count when on holiday) and splashing about in the sea. Today people have forgotten how to switch off, leading to the inevitable crash and burn of their mind and body.

## Why holiday?

**It's a basic human need**

"Diversity is a basic human need. People get bored when their everyday is the same," says psychotherapist Marisa Peer.

Going on holiday and getting away and experiencing change is necessary for a healthy mind.

**It gives your brain a break**

"Technology has facilitated keeping in touch," explains Peer. "Without taking a break from your life back home, you won't benefit fully from your holiday."

It's also a time for re-assessing certain things such as the superficiality of life back home compared to the current simplicity.

**It means you get to sleep**

"Look at animals and how much time they spend sleeping," observes Peer. "Us humans are the same, we need to sleep and holidays are the rare time we can do so uninterrupted."

## ... and how to make the most of it

**Plan ahead**

For meditation guru Andy Puddicombe, planning holidays may sound like an exotic thing to do but the truth is it's pretty stressful.

"Not leaving everything to the last minute will avoid you running across the airport trying to catch your plane. The rush of adrenalin you get from missing your flight or forgetting your passport isn't exactly healthy so being prepared will make the whole experience far more enjoyable."

**Comfort not catwalk**

When you leave to jump on the plane or train, dress for comfort and not for the catwalk.

You don't want to be queuing up for passport control in sky-high heels or too tight trousers.

Comfortable clothing will make you feel more grounded so loosen your belt and put on some flats to feel more at ease mentally and physically.

**Trade in Technology**

Truly switching off is something most people struggle with.

They will worry about their inbox filling up with e-mails and unanswered phone calls. Instead of frantically logging in for updates or worrying sick as to what you'll have to deal with upon returning, come up with a digital strategy. Take 30 minutes every couple of days to answer mails and check up on things so as not to dread returning to the office.

**Out of control**

Recognize that most of the things that stress you out when you are traveling are out of your control. From your lost luggage to the rude passengers and delayed flight; Puddicombe's advice is to acknowledge from the very start that these things are out of your control in order to help you relax.

3 life

**Love the beach**

**THE SAND.** Gently rubbing your body with sand will remove dead skin cells leaving your skin soft and smooth.

ROMINA McGUINNESS

Certain pesticides linked to attention problems in young kids: study

**Adults with Type-2 Diabetes**

We are looking for participants in the Lower Mainland to take a Self-Management program and complete some research questionnaires.

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University of Victoria | Centre on Aging

**Expert tips**

## A BREEZY RIDE FROM THE MINUTE YOU LEAVE

MICHELE KINGSTON
NUTRITIONIST

**1** **Hydrate.** The circulating air on planes can play havoc with your hydration, giving you headaches, dry mouth and dry skin. Make sure you are properly hydrated.

**2** **Keep moving.** When seated, rotate your ankles, point your heel and toe alternately and lift your knees.

**3** **Boost your immune system.** Two weeks before flying take multivitamins, minerals and a probiotics. Take the supplements while away too.

**4** **Fight jet lag.** Set your watch to the time of your destination as soon as you get on the plane and try to sleep and eat at the appropriate times for where you are going.

**5** **Fuel up.** Prepare light, nutritious snacks such as a wholegrain sandwich, a bag of nuts or fruit. Eating every few hours will keep your blood sugar levels from dropping.

— Advertisement —

# LeafSource stops woman's pain within days!

***"It works! I'll take another two bottles please!"***

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of the health food store couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. *"I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again"* said Ian.

Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. *"She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there."* Ian goes on, *"This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."*

By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis.

This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief!? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function.

To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, *"I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."*

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ISTOCK PHOTOS

▶ For lover's of fresh fruit and veggies this is the most wonderful time of the year.

# Eating well in August is easy

## This is the best time of the year for fresh food lovers

CELIA MILNE
WELLNESS@METRONEWS.CA
METRO NEWS

Juicy peaches at breakfast, bright red tomatoes at lunch and corn on the cob at dinner.

Get 'em while you can!

Eating fresh local produce is a great way to lose weight and pile on the antioxidants.

"August is one of the best months in Canada when it comes to variety of crops available," says Tristaca Caldwell, a registered dietitian and owner of Fueling with Food in Halifax, N.S.

"There is an abundance of tasty, fresh, nutrient dense foods available from your local farmer."

Given the choice: go for deeply colourful veggies and fruits.

Peaches, tomatoes and corn are good sources of antioxidants, fiber, and potassium, says Caldwell.

Peaches and tomatoes are chock full of vitamin C.

No wonder we crave them at this time of year.

If you haven't been to a farmers' market in a while, now is the time to go, recommends Caldwell.

Fresh, local foods may be higher in antioxidants because they are harvested ripe and ready to eat, whereas foods that have to travel to supermarkets are often picked before maturity.

Other local foods available in August are: beans, bok choy, broccoli, carrots, cauliflower, celery, cucumbers, eggplant, herbs, kale, lettuce greens, peppers and radishes.

"It's a great time of year to replace frozen or canned fruits or vegetables with fresh versions. Save preserved foods for the winter months when fresh options aren't available," said Caldwell.

**60 seconds**

## A SIMPLE MESSAGE

Eat your greens! A new, persuasive study from the U.K. has found that eating at least one serving of leafy greens a day can reduce your risk of type 2 diabetes. Though it may sound familiar, there actually hasn't been much solid, scientific evidence to show that eating more fruits and vegetables is beneficial in reducing chronic disease. This was a huge study, and is therefore quite reliable. The message: Eat more fruit and vegetables, especially lettuce, spinach, kale, cabbage and cauliflower.

CELIA MILNE

# Harvard study condemns the eating of red meat

You've probably heard it before: Eat less red meat. Now, there's more evidence to support this advice.

A large study conducted at Harvard has found that eating chicken or turkey instead of beef, pork or lamb can cut women's heart disease risk.

Researchers say this probably works for men too. The study charted the eating habits of 84,136 healthy women ages 30 to 55 over 26 years, and analysed whether they got sick or not. The women were part of the Nurses' Health Study. Results indicate that each time you substitute red meat with poultry, nuts, fish, or low-fat dairy, you reduce your heart disease risk. Red meat contains baddies like heme iron and saturated fat, whereas these better sources of protein contain goodies such as fatty acids and polyunsaturated fats, which may protect against heart disease.

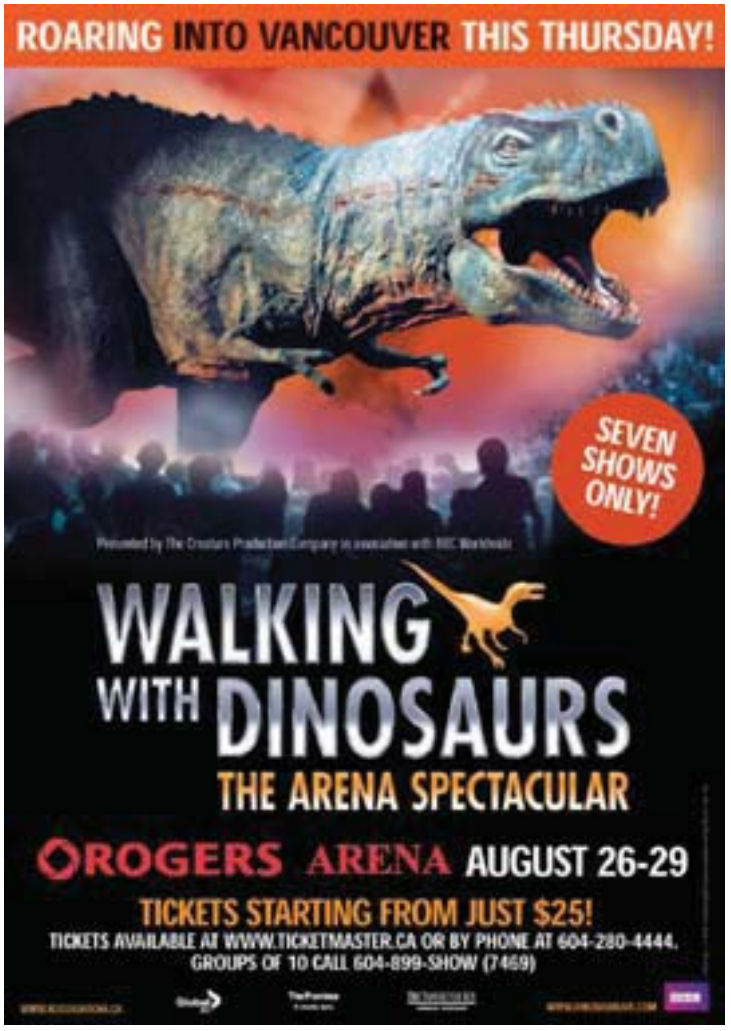
CELIA MILNE

▶ Chicken is considered the best alternative to red meat.

## Ticker Trouble

▶ **By the numbers** Every seven minutes, someone in Canada dies from heart disease or stroke.

▶ **Breaking down the deaths** 30 per cent of male deaths and 31 per cent of female deaths in Canada are from cardiovascular disease.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# A dizzying diagnosis

## People with Labyrinthitis can sometimes feel panicky as their world is turned upside down

Alison Anderson woke up one morning a few years ago feeling very, very dizzy.

"The room was moving," Anderson, 28, said. "It felt like I was moving — and I was standing still."

The Montreal university student managed to make her way to a medical clinic where she was put through a series of tests similar to those used to test a person's sobriety.

She was asked to walk in a straight line, putting one foot in front of the other.

But she wasn't drunk.

Anderson was diagnosed with labyrinthitis, a kind of catch-all term for several inner-ear disorders that cause dizziness.

Ear, nose and throat specialist Dr. Anthony Zeitouni said the term labyrinthitis comes from the word labyrinth, referring to the part of the inner ear that helps control balance.

He said while it's common to hear some doctors use the term labyrinthitis to diagnose patients, a more specific diagnosis is usually arrived at by otolaryngologists (also known as ear, nose and throat specialists).

"Vestibular neuritis is a very intense vertigo that comes from the ear, probably viral," Zeitouni, who is the director of the Department of Otolaryngology at the Royal Victoria Hospital in Montreal, said in an interview.

"I think that's the one that most people tend to call labyrinthitis."

Zeitouni said vestibular neuritis is a viral inflammation of the vestibular nerve that is characterized by intense and sudden vertigo — a sensation that is rotational, like the room spinning.

It's a feeling kids who deliberately make themselves dizzy on a merry-go-round are familiar with, albeit fleetingly.

But vestibular neuritis is a condition that can take weeks to fully clear up, and often sends people to the emergency room of their local hospital with anxiety-provoking symptoms that include nausea, vomiting and involuntary back-and-forth eye movements called nystagmus.

**THE CANADIAN PRESS**

### Compensate

**Should you be concerned?** For most people the brain is able to compensate and patients will recover within a few weeks, but that a small minority don't compensate at all.

GRAHAM HUGHES/THE CANADIAN PRESS

Alison Anderson, 28, was diagnosed with labyrinthitis, a kind of catch-all term for several inner-ear disorders that cause dizziness

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# How to make the perfect set of pork chops

This recipe for roasted pork chops and peaches from the August issue of Real Simple magazine features a sweet and savoury topping of fresh fruit and herbs cooked in the same skillet as the meat. The pork and peaches are served over a bed of fluffy couscous to complete the meal. (Start to finish: 30 minutes).

▶ Skillet Pork Chops and Peaches.

**Preparation:**

1. Heat oven to 200 C (400 F). Cook couscous according to package directions.
2. Meanwhile, in a large ovenproof skillet over medium-high, heat oil. Season pork with 2 ml (1/2 tsp) of the salt and 1 ml (1/4 tsp) of the pepper and cook until browned, 3 to 5 minutes per side. Transfer pork to plate.
3. Return skillet to heat and add peaches, onion, vinegar and remaining salt and pepper. Cook, tossing, for 1 minute. Return pork (and any accumulated juices) to skillet. Transfer skillet to oven and roast until pork is cooked through and peaches are tender, 8 to 10 minutes.
4. Sprinkle with basil and serve with couscous. Makes four servings.

THE ASSOCIATED PRESS

**Ingredients :**

- 1 pkg (284 ml/10 oz) couscous
- 15 ml (1 tbsp) olive oil
- 4 bone-in pork chops (about 1 kg/2 lb total), trimmed of visible fat (each 2 cm/3/4 inch thick)
- 3 ml (3/4 tsp) kosher salt (divided)
- 2 ml (1/2 tsp) ground black pepper (divided)
- 2 peaches, pitted and cut into wedges
- 1 small red onion, cut into thin wedges
- 45 ml (3 tbsp) red wine vinegar
- 125 ml (1/2 cup) fresh basil leaves, torn into pieces

## Correction

Yesterday's recipe for blueberry cinnamon coffee cake was missing the amount of sour cream needed to complete the dish. 250 ml (1 cup) sour cream is called for in the recipe. The recipe is available at metronews.ca/recipes.

Liquid Assets

# Move over Argentina, let's see some fine Chilean wines

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

While Argentinean winemakers hog the media spotlight with the dexterity of Kim Kardashian; their neighbours in Chile have been quietly producing some of best wines made in South America.

Famous (almost to a fault) for its cheap, consistent table wines, Chile has had trouble finding a foothold in the market for much of anything else. It's a liquid travesty that takes on biblical proportions when you consider the diversity of styles and intensity of flavour you can squeeze out of the country for less than $15.

Though all the A-list berries are grown there; Chile's grape king (with all due respect to carmenère) is cabernet sauvignon. Brought from France in the mid-1800s, cabernet literally dominates the Chilean landscape: Producing the grape's full spectrum of red meat ready profiles from light and simple to full-bodied and enduring.

The 2008 MontGras Cabernet Sauvignon Reserva ($12.00 - $14.75) offers up a balanced, creamy personality with blackberry, currant, coffee and light mocha flavours and soft, dry tannins. Very New World.

On the other end of the scale the dark, red fruit, young tannins and black coffee and wood finish of the 2009 Errazuriz Estate Cabernet Sauvignon ($13.00 - $15.25) shows its European influences.

*Prices reflect the range across the country. Some products may not be available in all provinces.*

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# SHY GUY'S SKY-HIGH PROPOSAL

## How We Met: Tom & Tiffany

**Names: Tom, 25, and Tiffany, 26**

**Hometown: Vancouver**

**Together since: 2005**

## Their story:

▶ Tom and Tiffany met during a night out at Whistler, B.C.

"Tom and I (Tiffany) met on December 21, 2005. I went up to Whistler, B.C., for a night of fun ... with my friend, who was visiting. We decided to head to a local bar. Tom didn't intend to go out that night, but at the last minute he decided to go to the bar where we happened to be at.

"He is very shy and not the type to approach a girl but says he was compelled to come on the dance floor and dance with me. We danced the night away and spent the next day together. I found out he was from Australia, and eight months later, I was living with him in Sydney.

"Although I'm now a permanent resident of Australia, we're both back living in Vancouver. It has been almost five years now, and we are the best of friends and are growing more in love every day.

"Tom (finally!) proposed to me on Valentine's Day on the zip-line over Robson Street during the Vancouver 2010 Olympics. We'll be getting married in March 2011 in Australia. We are very excited and can't wait for the big day!"

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# Let kids have a say in their allowance

**Getting your kids involved in setting a back-to-school allowance means you'll have satisfaction all round**

## ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

With school beckoning one's parental attention may turn to thoughts of relief … and money.

Kids need dough. It's not just about having money to spend, but about learning to handle one of life's most essential resources.

Many parents increase allowances on birthdays. But back to school is actually the best time of year for kids to get a raise. And I bet you won't get any argument when you broach the topic.

According to the U.S. site, threejars.com, 71 per cent of parents believe setting allowance should be a joint decision.

Start by putting together a budget with your child. This is how I did it with my 13-year-old. Her passion then was (expensive!) graphic novels, costing about $26 each. We figured on one a month.

She also loved to buy a frosty drink and an Archie comic on weekends. We budgeted one per week at $4.50. Now we are up to $44. I also believe in saving both for short term goals and her own education. We calculated $10 monthly for short term saving (video games) and $10 for her college fund.

▶ Fifty-one per cent of kids spend their allowance all at once while 49 per cent of parents want money tied to chores.

The total came to $16 a week. To that I added another $2 for school special events such as pizza day. When I told her $18 was too rich for me she agreed to cut back to an Archie and frosty drink every other week.

She took her $16 weekly cheque to the bank once a week and once a month transferred $10 into a savings account and $10 into her RESP. The Canadian site, moonjar.ca also recommends a portion added for charity. My daughter decided she would donate half of her pay from her Saturday job in a stable.

Do this annually and you'll never have allowance tears.

### Interest rates/ Savings accounts

| BANK | RATE |
|---|---|
| BMO | 1.250% |
| CIBC | 0.70% |
| HSBC | 0.75% |
| ING | 1.50% |
| PCF | 1.50% |
| RBC | 1.0% |
| SCOTIA | 1.15% |
| TD | 1.1% |
| ALLY | 2.0% |

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

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**LESLEY SCORGIE**
MONEY@METRONEWS.CA

## BEING FRUGEL AND GREEN

Going green doesn't mean you need to trade in your 2003 Ford for a shinny new $30,000 hybrid. Many green choices are simple and won't squeeze your bank account.

Reducing consumption of non-environmentally friendly products is a step towards going green and saving money. Homemade foods reduce packaging and are healthier than foods that are preserved in salt and other chemicals. Try paring down purchases so you won't over consume. Shop for fewer fresh groceries more often, so that less produce goes rotten. Take your own fabric bags and try to take public transit, carpool, walk, run, bike, or inline skate to the store instead. Save on utility bills by washing laundry in cold water. On cold days turn the temperature down a few degrees or on hot days reduce the air conditioning in your house.

Reusing and maintaining products extends their life and reduces waste. Consider buying quality used mechanical goods like lawnmowers, vacuums, appliances and cars. Consider selling or handing down clothing, furniture, computers, televisions, and other electronics to family, friends, and neighbours.

Contributing to a cleaner environmental future is everyone's responsibility. Start by making small changes to your daily consumption habits — choose cleaner, greener and cheaper options.

Jim Pattison Hyundai

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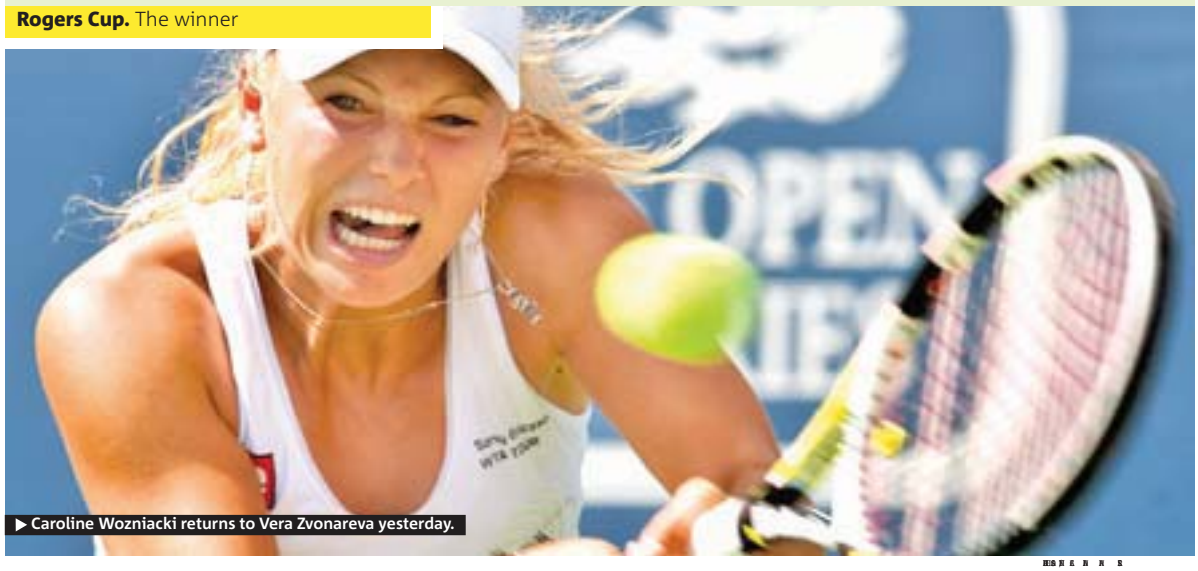

▶ Caroline Wozniacki returns to Vera Zvonareva yesterday.

## Back-to-back wins give Wozniacki her first Rogers Cup title

**After two days of waiting out the rain, Caroline Wozniacki decided it was time to take care of business. With the semifinals and the final both held yesterday, the 20-year-old Dane dispatched Svetlana Kuznetsova 6-2, 6-3 in the semis. About two hours later, she downed another Russian, Vera Zvonareva, 6-3, 6-2 in the final to win the $2-million US Rogers Cup. "I did what I had to do," said Wozniacki, a first-time Rogers Cup champion.**

THE CANADIAN PRESS

**Quoted**

**"If you guys want to talk about football, we'll talk about football. But to keep on talking about things outside of football to me is completely ridiculous."**

WASHINGTON REDSKINS COACH MIKE SHANAHAN DECLINES TO DISCUSS HIS MEETING WITH DISGRUNTLED NOSE TACKLE ALBERT HAYNESWORTH YESTERDAY.

**"We're going to practise him as much as we can and get him ready to play. Hopefully, he doesn't miss any practices, and when he plays, he plays well"**

SHANAHAN

Scan code for sports news

# Tiger's marriage has run its course

**Court grants divorce to golfer and his Swedish-born wife ◗ Couple will 'share parenting' of their children, but other terms not released ◗ Hearing was over in about 10 minutes**

Tiger Woods and his Swedish-born wife officially divorced yesterday, nine months after his middle-of-the night car crash outside his home set off shocking revelations that the world's most famous athlete had been cheating on his wife.

"We are sad that our marriage is over and we wish each other the very best for the future," Woods and Elin Nordegren said in a joint statement released by their lawyers.

**A single golfer**

- Woods is to play this week at The Barclays.
- It will be his first tournament as a single man since he finished ninth in a World Golf Championship in Ireland in October 2004.

The divorce was granted in Bay County Circuit Court in Panama City, Fla., about 600 kilometres away from their Isleworth home outside Orlando. The couple had married in October 2004 in Barbados and have a three-year-old daughter, Sam, and a 19-month-old son, Charlie.

Terms of the divorce were not disclosed, except that they will "share parenting" of their two children.

The divorce was finalized by Bay County Circuit Judge Judy Pittman Biebel during a brief hearing in a conference room in her chambers, according to Biebel's judicial assistant Kim Gibson. The hearing was very brief, only about five or 10 minutes. Both Woods and Nordegren were present, along with their lawyers, Gibson said.

"I don't comment on active cases," Thomas J. Sasser, Woods' divorce lawyer, said. When asked why they chose to file in Panama City, Sasser said only it was a joint decision by the lawyers.

Woods' agent, Mark Steinberg, declined comment when asked if they had a pre-nuptial agreement or terms of the settlement. "We're not commenting beyond what was in the release," he said. THE ASSOCIATED PRESS

# Whitecaps elect to pick first in MLS draft

The MLS route ahead for the expansion Vancouver Whitecaps and Portland Timbers got a little clearer yesterday as the two teams sorted out the pecking order in a variety of ways to fill their rosters.

The Whitecaps kicked off the process by opting to pick first in the 2011 MLS SuperDraft, slated for Jan. 13 in Baltimore.

The Whitecaps had first choice on what option to take after winning a coin toss over the Timbers at halftime of the MLS all-star game last month.

After Vancouver's decision to go first in the SuperDraft, Portland elected for the first pick in the MLS expansion draft.

**17 Vancouver gets the 17th spot in the waiver/re-entry ranking while Portland is 18th.**

Vancouver then selected top pick in the allocation rankings, a player acquisition method where an MLS club has first option to sign any former MLS player who was transferred to another league or a U.S. international who is returning to the league. Portland will go second.

Portland gets top spot ahead of Vancouver in the designated player ranking, meaning the Timbers will outrank the Whitecaps if they go after the same designated player.

Vancouver gets first crack at negotiating with USSF D-2 players. Portland will occupy second spot.

Portland will stand 17th in the discovery rankings, one place ahead of Vancouver. Discovery rankings allow teams to sign players from a different league.

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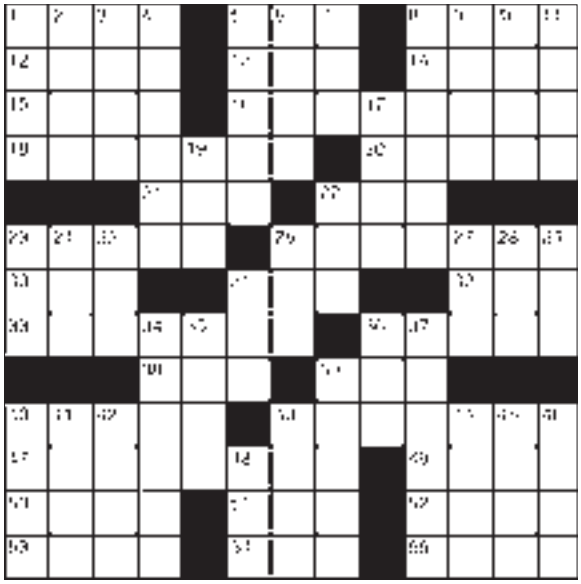
## Crossword



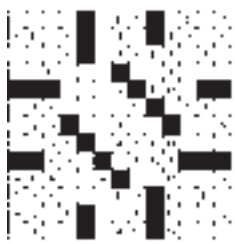
**Across**

1 Small plateau
5 Jewel
8 Bivouac
12 Speedy steed
13 Fish eggs
14 Operatic solo
15 Traps
16 Big business
18 Brings about
20 Eyelid troubles
21 Carpet
22 Skinny fish
23 Digging tool
26 Alphabetized, maybe
30 Tease
31 "— Miniver"
32 Churchill gesture
33 Gary's home
36 Young Scot
38 Sgt., for instance
39 Family
40 Estate owner
43 Not alfresco
47 New member
49 "American —"
50 Scratches (out)
51 Affliction
52 PBS science show
53 Morse code symbol
54 Surprise cries
55 Deuce topper

**Down**

1 Christmas trio
2 Ms. Brockovich
3 Beach stuff
4 Ridiculous
5 "Peer Gynt" composer
6 Long periods
7 Club —
8 A man's home?
9 Bohemian
10 Muck and —
11 Picks up the check
17 Secondhand
19 Prompt
22 Type measures
23 Tackle moguls
24 ATM ID number
25 Toss in
26 Retirement plan acronym
27 Roman 16
28 Always, in verse
29 Lair
31 6 on a phone
34 Flood
35 Flexible, electrically
36 Amount offered
37 Consecrate with oil
39 The bee's —
40 Told a whopper
41 "Diana" singer Paul
42 Mid-month date
43 Architect — Ming Pei
44 Smell
45 Bush adviser Karl
46 Do in
48 Pair

▶ Yesterday's answer



## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 1 | 3 | 8 | 7 | | | | |
| | 5 | | | | 6 | 8 | 2 | 3 |
| | 8 | | 9 | | 3 | | | 7 |
| | 7 | 4 | | | | 3 | | 1 |
| 5 | | | | 8 | | | | 4 |
| 2 | | 1 | | | | 5 | 6 | |
| 3 | | | 1 | | 4 | | 8 | |
| 7 | 4 | 9 | 2 | | | | 1 | |
| | | | | 9 | 7 | 4 | 3 | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 1 | 6 | 9 | 8 | 7 | 3 | 2 |
| 7 | 2 | 8 | 5 | 3 | 4 | 9 | 1 | 6 |
| 6 | 3 | 9 | 7 | 1 | 2 | 4 | 8 | 5 |
| 3 | 1 | 7 | 8 | 6 | 9 | 2 | 5 | 4 |
| 2 | 9 | 4 | 3 | 7 | 5 | 8 | 6 | 1 |
| 8 | 6 | 5 | 4 | 2 | 1 | 3 | 7 | 9 |
| 4 | 8 | 2 | 1 | 5 | 3 | 6 | 9 | 7 |
| 1 | 7 | 3 | 9 | 4 | 6 | 5 | 2 | 8 |
| 9 | 5 | 6 | 2 | 8 | 7 | 1 | 4 | 3 |

## Send a KISS

**Show some love! Send a note to somebody special at kiss@metronews.ca**

*To Diesel Fishback — my love, my best friend and my hearts companion. Wishing you a very special birthday this year! Loving you gets easier every day. *kiss** SRA

*J, Happy Anniversary! 4 years and stronger than ever! I am so proud of you and everything you have accomplished! You're amazing and I love you so much!* YOUR # 1 FAN XO

*J.M. You've loved me for 9 years and have given me the best 2 years of my life. Wishing I only knew for the first 9 years but I'm looking forward to a life time. Love you truly madly deeply. My furry bear!* GAGUTZA.

*Happy 43rd Marky Q! May your birthday celebration be just as incredible as you are. I love you and can't wait to soon walk hand in hand with you, through our own private Cedar trail.* AMORE E BACI

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** An assertive approach is a must today, even if you don't feel assertive at all. If others sense that you are having doubts they will try to exploit them.

**♉ Taurus April 21-May 21** Someone will catch your eye today and you will do whatever it takes to get close to them. However, having got close you may then discover that the romantic spark is lacking, but maybe you can be friends.

**♊ Gemini May 22-June 21** Everyone has problems but you seem to be under the impression that you have more than most other people. That simply isn't true. Today will highlight difficult issues, but by tomorrow they will have faded again.

**♋ Cancer June 22-July 22** Travel and social plans will be disrupted today and there's not much you can do about it. The one thing you do have control over is how you choose to react to setbacks and delays.

**♌ Leo July 23-Aug.23** Think carefully before committing yourself to anything of a financial nature over the next 24 hours. You may want to boost your earning power but you could lose as much as you gain. What's the hurry?.

**♍ Virgo Aug. 24- Sept. 22** Life will seem more difficult than it really is, so stay calm and don't let your fears get the better of you. This is only a passing phase.

**♎ Libra Sept. 23-Oct. 23** There is a strong possibility that you will have to rethink your plans today. On the work front especially what you want to do and what others want to do just won't go together.

**♏ Scorpio Oct. 24-Nov. 22** You always speak the truth as you see it and what you have to say today may not be what others want to hear, so be ready for a backlash.

**♐ Sagittarius Nov. 23-Dec. 21** You have been worrying about something you thought was important but the full moon will bring to light information that makes you realize it was of no importance at all. Don't stop smiling — humour cures so many ills.

**♑ Capricorn Dec. 22-Jan. 20** There will be plenty in the way of gossip today, but not much in the way of factual information, so don't jump to conclusions and don't judge people on what others say about them.

**♒ Aquarius Jan. 21-Feb. 18** Money matters and business issues figure prominently in your chart at the moment and today especially there is a danger you might take them a bit too seriously.

**♓ Pisces Feb. 19-March 20** The full moon in your sign will bring out the emotional side of your nature — it's lurking there just below the surface. Cry, shout, scream – do whatever it takes to shift that emotional blockage. SALLY BROMPTON

Download WeatherEye to your smartphone.

## Caption contest

WIN!

## You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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# AIR CANADA VACATIONS

# Deals of the week

## NON-STOP FLIGHTS

### MEXICO

**Puerto Vallarta / Riviera Nayarit**

**Canto del Sol Plaza Vallarta • 3 1/2★**
All-Inclusive • Standard rm.
Nov. 6 – 27 • 1 wk.
$949
+Taxes & other fees (including service charges): $276

**Meliá Puerto Vallarta • 4★**
All-Inclusive
Deluxe garden view rm.
Nov. 6 – 27 • 1 wk.
PRIVILEGES $1089
+Taxes & other fees (including service charges): $276

**Cancun / Riviera Maya**

**Grand Sirenis Riviera Maya Hotel & Spa • 5★**
All-Inclusive • Junior suite
Nov. 6 • 1 wk.
$1139
+Taxes & other fees (including service charges): $284

### MEXICO

**Cancun / Riviera Maya**

**Occidental Grand Xcaret • 4 1/2★**
All-Inclusive
Deluxe rm.
Nov. 6 • 1 wk.
$949
+Taxes & other fees (including service charges): $284

### CUBA

**Varadero**

**Sirenis La Salina Varadero Beach Resort • 4★**
All-Inclusive • Standard rm.
Dec. 31 • 1 wk.
$1199
+Taxes & other fees (including service charges): $222

**Allegro Varadero • 3★**
All-Inclusive • Superior rm.
Dec. 24 • 1 wk.
$1669
+Taxes & other fees (including service charges): $222

### JAMAICA

**Sunset Jamaica Grande Resort & Spa • 4★**
All-Inclusive
Standard rm.
Dec. 24 • 1 wk.
**FREE upgrade to oceanfront rm.**
PRIVILEGES $1899
+Taxes & other fees (including service charges): $275

**Iberostar Rose Hall Beach • 4 1/2★**
All-Inclusive
Standard garden view rm.
Dec. 31 • 1 wk.
$1899
+Taxes & other fees (including service charges): $275

**Gran Bahia Principe Jamaica • 4 1/2★**
All-Inclusive • Junior suite
Dec. 24 • 1 wk.
PRIVILEGES $2079
+Taxes & other fees (including service charges): $275

## FLIGHTS VIA TORONTO

### SAINT LUCIA

**Bay Gardens Inn • 2 1/2★**
Standard rm.
Sept. 4 – 26 • 1 wk.
$739
+Taxes & other fees (including service charges): $238

### DOMINICAN REPUBLIC

**Punta Cana**

**Occidental Grand Punta Cana • 4★**
All-Inclusive • Junior suite
Oct. 2, 16 & 23 • 1 wk.
$1199
+Taxes & other fees (including service charges): $326

### ANTIGUA

**Jolly Beach Resort & Spa • 3 1/2★**
All-Inclusive
Standard oceanview rm.
Sept. 4, 11, 18 & 25 • 1 wk.
$1369
+Taxes & other fees (including service charges): $249

## USA

### HAWAII | Maui

**Aston at the Maui Banyan • 3★**
**Value rate - Hotel room / standard**
**Sept. 11 & 18 • 1 wk.**
$899
+Taxes & other fees (including service charges): $142

## CRUISE

**Princess Cruise Line[1]**

**Caribbean Princess**
Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. JJ
Oct. 31 & Nov. 14 • 1 wk.
$1179
+Taxes & other fees (including service charges): $284

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